



Rounding 1st Base

Skill Set: Base Running

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Base, bat, cone

Goal: Round 1st base by staying inside the cone and striking the inside corner of the bag

Description of the Drill:

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

Layout of Drill:

